

Now deep thoughts ... with Conestoga College

Random questions answered by random students
Which Disney or cartoon character
would you go on a date with?



"Marilee Moore, because I cannot go out with Mickey Mouse."

Nikita Elliott,
second year
marketing and advertising
radio station

"I would say Prince
Charming because that's
what all the girls want. We
all want the man of our
dreams."

Melanie Greenan,
third year
eventual planning



"James, I grew up watching
Austin. She is pretty.
She was part of my childhood."

Alexis Yoness,
third year
business planning



"Captain Jack (from
Society 200) because she
is funny and charming."

Prerach Wankar,
first year
quality management



"Prince Eric. He is the hottest
prince. I think."

Ashleya Desrosiers,
first year
pre health



"Ryan Fisher, because he is
cute and hot."

Mered Roberts,
second year
marketing program
development



Safe Conestoga, you will be in good company!

FELBERT CARTOONS



By: R. Felbert



Cartoon by: R. Felbert

MEDICINE WHEEL USED FOR HEALTH AND HEALING



PHOTO BY: SHAWN FORTNEY

Christina Bastos, administrative support for Aboriginal Services, a member of Dakota First Nation, an Ojibwa and a long shared stories, displays a Medicine Wheel that was set up at the Dawn campus on Feb. 3. The wheel signifies the four sacred medicines in the aboriginal culture which are tobacco, sage, cedar and sweetgrass.

Logan exciting for adult fans

BY NATHAN STANLEY

Stranding through the
tattered of a timeline as a
group of young, drunk and
crazy white men glide past
a seemingly real but has
the same as the leader yell
ing in a midnight stage
"I-S-A, U-S-A."

This is the first, but not the
last, piece of social commentary
which looks through the
main plot of Logan, director
James Mangold's newest film
revisiting Hugh Jackman's
 Wolverine. This movie will now
share Jackman's 17 year saga
playing the Marvel Superhero
character.

In this R-rated action film
two down old men, played
by Jackman and Sir Patrick
Dempsey, must protect a young
girl from the genetic weapons
company that created her. For
more film Jackman played the
character of The Wolverine
Oppen, and this film is just
as much of a stand-off for the
character and Jackman as it is
the end of an era.

But rolled in between the
personal journey of Logan,

Movie Review



his mother and his daughter,
and takes a journey to help
her find good and bad. Logan
emphasizes a delicate re-
vision of superhero mythology
and morality, a choice made
by Mangold to highlight the
damaging and more grounded
effects of Wolverine. His ges-
ture and how they affect him
and the world around him.
Superman can save people
with his strength and speed,
but The Wolverine can only
do what the blades in his
hands were designed for, cut
and kill.

This character (first) and its
complexity are powerful even for
viewers not familiar with the
character or the series. Logan
begins and ends not just
showing too much from the
viewer's relation to the series
history, a measure from the

how the characters and story
begin and move forward.

The violence is there, but
right, and even less graphic
than, however this is still
a hard R. There are bloody
fights, gun scenes and some
visually disturbing moments
which include the violent
death of a child.

Logan's ending all the
death and justice is a hopeful
film, specifically in the way
the film is shot and edited.
Night scenes are always
graced with their bright
green colors, and the days
are spent in open daylight
and bright capturing light
so low contrast and crisp
black/white shots.

What Logan presents view-
ers is more than features and
action scenes, it offers per-
sonal messages relating to the
challenges we face to be good
people despite our numerous
deeper nature. And, most
importantly offers an exciting
experience for all viewers, not
just comic book fans.

To echo the words of critics,
This was just a good superhero
movie. This is a good movie

Schools an integral part of community

When one closes in a small town it really hurts the economy

BY MERRILL WEATHERALL

Even after all the protest, Chesley still may lose its high school.

At the end of the 2000-01 school year residents may have to say goodbye to the school, which is located north of Wilmotville and Hanover. The Blue Water District School Board listened to the public's concerns and looked at the logistics of keeping the high school running but announced closing the school would be the right decision. Over the last few years there has been a noticeable drop in enrolment. In a report put out by the board, the current enrolment at 150 students. The school was modified to fit around 100 students.

Busching enrolment was predicted not almost a year ago, during the last school year, the Chesley. At that time the proposal to shut down the high school and has students to surrounding towns was proposed, but board trustees decided instead to make the school a high school unit. A J.E. 12 school. The students from Kingsbury, formerly known as Kilmorie before the amalgamation of the two elementary schools, started attending Chesley District Community School in 1984. The decision to take this route came after multiple protests from students, teachers, business owners and families. The high school at the time resided north on the France road (behind all of other schools residing at that district). The report is based on the students' concerns on pre-arranged visits to participating schools.

Two years after the controversial decision after a J.E. 12 school, the board has decided that keeping the high school going is no longer financially sound and continue to top the other schools in grades no longer can keep the school running. The decision is close at hand but the small town of Chesley (popu-

lation 1 000) on edge. People including the MPP and the MP for Essex-Lim-Cornwall, have raised their concerns about Chesley's economy after the high school kids are forced elsewhere.

"The closure of a small rural school has a huge negative impact on the community and it also affects not only the young students directly but also local business and community organizations underpinning the community is a whole," MPP Larry Miller wrote in his public statement to the trustees.

In MPP Bill Walker's statement, he wrote that he was concerned about the impact the school closure will have on the students and community due to the lengthy busing time and how it leaves little room for other school activities and jobs.

Multiple stores in Chesley rely heavily on students patronizing their businesses and as after-school employees. The stores usually report the students to be available by 4 p.m. Chesley's grocery store owned by Peter Knight, is one of the businesses that will take a hit. The grocery store currently has 12-15 students employed, approximately half of their employees. They have been having students since their first year ago.

"It will take us out on," said Knight. "It will also take a toll on the restaurants and the pizza place. All of these places rely on the lunch trade. It is not like their business work. We don't get it at the time. I'm sure the pizza place gets it sometimes, but sometimes get it, but we all share on the lunch trade. My biggest concern is the economy of the small town. We are forced into some competition in the larger of stores including the grocery store by big stores like Walmart. They provide a tremendous service by giving more service to our customers. That includes the personal service they get from our store. After workers and carry-



PHOTO BY MERRILL WEATHERALL

Peter Knight, co-owner of the Chesley grocery store, is a longtime resident of Chesley who opened the store 30 years ago. Almost half of his employees are high-school students.

out service, when we take your groceries and to the store. That's what we do to be a little different than the big box stores. If we take our high school away and take the kids out of our town the economy will suffer. The chambers of commerce have a survey that they did last time that we were there. It was amazing how much we pay in a year to our students and how much they return to our economy."

Not only will transporting the high school students out of the town affect the economy, but it'll affect hours they can work due to the estimated 2.5 hours of travel time.

"It would affect the weekly hours for sure," said Knight. "We would have to re-evaluate our whole staff because the students wouldn't be able to arrive by four o'clock anymore and then when our staff goes home. We will still employ

students, they just won't get as many hours as they need to get. We might lose some student staff because the hours we are going to give them won't be enough."

Joan Knight, Peter's wife and grocery store co-owner, said, "I think it would drastically affect the future and another of students we have. We are only open until seven o'clock on Monday. Tuesday is off. Wednesday is our busiest day. It would drastically cut their hours so they would only be able to work Thursday, Friday and weekends. They wouldn't have the rest of it because a lot of them wouldn't be able to get here and almost five o'clock so we could have them come in for a two-and-a-half hour shift but not many people are going to want to do that."

Former Chesley high school student and grocery store employee, Michelle Walpole,

believes if she would have had to finish high school elsewhere, she would have chosen to find a job at that time and that many other students would as well due to short availability.

"I would be more confident," said Walpole. "Not many places in Chesley would offer a three-hour shift and students who are coming for post-secondary need all the hours they can get."

She added, a Chesley high school student who is taking an extra year of studies, said, "I worked at Parkview Manor and it was only a five-minute walk from school. If I went to school in another town I wouldn't be able to participate in after-school sports and work when I share a car with my mom."

The board trustees' recent resolution that the high school be shut down will be discussed and voted on later this year.



After the grocery store, New Orleans Pizzeria, and Kingsbury Pizzeria, are two of the stores that will be affected when the Chesley high school closes. At lunch and lunch times students crowd New Orleans Pizzeria for pizza slices. At Kingsbury, after-school work shifts are put aside for high school students.

PHOTO BY MERRILL WEATHERALL



Library's fundraiser fun for all

First Excess Party features aerialists, fortune tellers

BY BRANDY FULTON

As the Cambridge clock tower struck eight the library had a line up out the door on March 8. However, the people entering were not coming to study for midterms or check out a movie. Instead they were enjoying the music played by DJs on all three floors and drinks breaking out everywhere you turned. This was no normal night for the Idea Exchange.

The first Excess Party featured aerialists, interactive dancers, fortune tellers and tattoo shows. It brought the arts and culture of Cambridge to life bringing in local businesses to showcase their products and services. Their representatives showcased their art on three runs, a bookstore opened cards with its local happenings and a new Google Fit display was available to present something new at a virtual display. The event showcased new technology and old music that brought art enthusiasts

IDEA EXCHANGE

out from all across Cambridge. Waterloo and Kitchener.

A special performance was given by Catherine Russell who used her vocal talents and the help of talented artist Verne Rolde to create costumes that responded to her singing. She filled the room with beauty of colour and sound.

The Idea Exchange has a yearly fundraiser in March to raise money for their programs that work for the children, teens and adults.

"It was what we called a community preview," said Gordon Sydor, the co-ordinator for the event and marketing for the Idea Exchange.

Events cost \$10 or \$20 for adults and students and food and drinks were sold

throughout the night.

For the past 15 years a different fundraiser has been held. The formal sit-down meal, called J-Tagging, has been a silent auction, a coffee and beer party.

"The day of the sit-down meal is over," said Sydor adding that she along with the other co-ordinators of the event were looking for something that would bring everyone in. "We want to get the students involved in the community again, something they can do with the divide instead of just sitting on the couch today."

The library's only goal was to have a night filled with wonder and apart of the moment interactions. It is promised to never look back and the sit-down meal on the short. Idea Exchange looks forward to what they can do in the years to come.

"Art is always changing and we want to have a place that will be on show and the day of our next fundraiser," Sydor said.



PHOTO BY BRANDY FULTON

Body paint brought this body art to life at the Idea Exchange's First Excess Party on March 8.



An aerial performance by Briss Bultman looked off the evening. There was a second performance later that night. Right, dancers from the group-line movement perform a moving story about bullying and being controlled.



A healthy mind and body lead to happiness

By MATTHEW CHAMBERLAIN

Therapy is important to a healthy mind, but just as important healthy diet and plenty of activity. Research has shown that exercising can improve mental health, and improved mental health can result in a healthy lifestyle.

"A lot of times it is those around them who notice before they do how much exercise is changing them for the better, especially with activities of daily living or that they personally notice how much happier they feel since starting to exercise," said Josh Topp, a personal trainer at Kinkorae who has been certified for over 11 years. He also has a bachelor's degree in kinesiology and a master's in occupational manipulation sciences.

Topp notices everyday as a personal trainer that the happy and most confident individuals push themselves to be better.

Evidence from studies involving clinical samples indicates that the psychological benefits associated with exercise are comparable to gains found with standard forms of psychotherapy. Hence, for healthy individuals, the principal psychological benefits of exercise may be that of prevention, whereas in those suffering from mild to moderate emotional illness, exercise may function as a means of treatment, according to a study conducted by John S. Riegel, professor of kinesiology at Indiana University Bloomington for the *International Journal of*

Sports Medicine.

Another study from Stockholm University College of Physical Education and Sport in Sweden concluded that individuals who exercised at least two to three times a week experienced significantly less depression, anger, cynical distrust and stress than those exercising less frequently or not at all. Furthermore, regular exercisers perceived their health and fitness to be better than less frequent exercisers did. "I know this is difficult for some because individuals who already walk depression especially have a lack of motivation to do anything, but I find that once I walk through the underlying emotional stuff and they start to get

into a better state, then I find that incorporating even 10 minutes of physical activity into their routine is possible," said Lauren Bivens, a registered psychotherapist at Kinkorae and graduate of the University of Toronto with almost a decade of experience in her field.

Working out is also a great substitute for anti-depressants or getting off anti-depressants. Some light activity like yoga, or a great outdoor activity to keep your body and mind active and fresh.

Aside from psychotherapy, Kinkorae is an art therapist. The therapy is made sure of activity that keeps the mind active, helps people express themselves and is a substitute for people who can't do their

like working out.

"Sometimes people with disorders such as PTSD [post-traumatic stress disorder] find it difficult to get their thoughts and words really challenging. Going through their experience saying it to me is harder so work through art instead," she said.

Studies done on the effectiveness of art therapy have been promising. The results of a study done at Umeå University in Sweden showed that art therapy enhanced the effectiveness of a patient's psychotherapy, improving their coping resources. "I think all health-care professionals need to work together within our scope of practice," said Topp.

Mental health being ignored

"Trying to get better in the mental health unit of Grand River Hospital is hard when the only thing you have to stress at is how-often you style coffee art. The walls are painted a red brown, left colour that doesn't help anyone's mood. And I feel like they check you in on a weekend because you won't get any services in mid-week and Monday."

Canada's healthcare system is failing patients with mental health problems. The constant noise in the mental health unit at Grand River Hospital is deafening, making it hard for patients to rest, which is the main goal of the patient's stay in the unit.

The Canadian Mental Health Association (CMHA) reports: "While mental illness accounts for about 10 per cent of the burden of disease in Ontario, it accounts just 7 per cent of health care dollars. Relative to this burden, mental health care in Ontario is underfunded by about 60.5 billion."

This is becoming a huge issue with death by suicide being the second leading cause of death in Canada. If the hospital, a place people go to get better, can't provide a lot of the options for someone with a mental health problem, who does? The lack of help leads many people to stay silent and live their lives undisturbed. Not knowing where to get help is definitely an issue for who suffers from depression or anxiety. Imagine if people who broke their leg didn't know where they could go to get help — it's apparent how this would be a problem. Why not use mental health



Wendy Spence
Spence's Opinion

(continued on page 7)

In Canada the total number of 12 to 19 year olds at risk of developing depression is 3.2 million.

It is unfortunate that at such a crucial time for students there hasn't been any real discussion on how to lighten the load. Between school, working to pay rent and working at a part-time job, students are drowning in responsibilities.

and unable to find a proper place to recuperate. According to CMHA, all Canadians who reported having a mental health need in the past year, a third stated that their needs went unmet by the system.

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HORSING AROUND AT WINTERLOO



Nathan Buehler of St. Jacobs Horse Shows Team took bids for a pair (right) during Winterloo, an indoor equestrian event on Feb. 26. Cavelingo is a registered member of the Ontario Equestrian Federation. For more information, go to www.ontarioef.com.